

# BEST PRACTICE CATALOG

Project Title: **HEALTHY START FARMS**

Function Category: ☒ PATIENT-FOCUSED   ☐ ORGANIZATION   ☐ STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Horticulture Pre Vocational**

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**Purpose:** To teach the principles of healthy living using the natural world as the model. The patients learn the practical skills of gardening while also learning ways to improve their own health and well being to function in life.

**Brief Description:** Using a living classroom, any courtyard garden, experiencing and working together in the garden, basic skills are taught and practiced. Strengthening awareness of their relationship to their environment, the experience may enhance participation in other treatment modalities. The groups focus on four elements including mental, emotional, physical and spiritual health.

**Selection Basis/Criteria:** Patients who can benefit from multiple methods based in the garden. Clearance to work with gardening tools and be responsible in a group setting. Relevant for patients at functional levels ranging from entry to skilled.

The following items are available regarding this Best Practice:

☐ Photographs   ☐ Video Tape   ☐ Drawings   ☒ Manual

☐ Other : \_\_\_\_\_

DATE SUBMITTED: **October 9, 1998**

**I. C. 5. 006**